

Columbus Air Force Base, Miss.

Housing manager wins AF award

2nd Lt. Joseph Coslett Public affairs

The 14th Civil Engineer Squadron housing flight chief, won the Air Force Outstanding Senior Housing Manager Award.

"My winning is a reflection of the quality and quantity of work from the people in [the housing] office," said Debra Caspell.

She led the way for the housing office with the following accomplishments:

☐ managed 775 houses and 400 unaccompanied military quarters,

☐ handled over 1,000 customers and oversaw completion of more than \$39 million in renovations and upgrades to housing and dormitory units.

"All the folks of my housing flight are true professionals who really care about people," said Lt. Col. Michael Hass, 14th CES commander. "The award reflects just how professional and caring they are."

Civilians, military view W-2s online

ARLINGTON, Va. — American military members and Department of Defense civilians can now view, save and print their W-2 wage and tax statements from myPay at https://mvpav.dfas.mil.

Military retirees and annuitants can view, save and print their tax form 1099s as well.

"This is the first year people have been able to get their W-2s online," said Carolyn Jones, tax center manager.

The myPay service provides a secure way for servicemembers, defense civilians, military retirees and annuitants to manage their pay account information.

Available around the clock, customers can make changes online that previously needed to be made by vis-

Customers can also help the Department of Defense save money by volunteering to turn off the print copy of their leave and earnings statements and checking it

The Defense Department can save up to 34 cents for each LES that is delivered electronically instead of in hard copy. (Courtesy of Air Force Print News.)



Airman 1st Class Ramiro Lopez and Staff Sgt. Shawn Corley, 3rd Combat Communications Group from Tinker AFB, Okla., go through the system certifications in the mobile tower at Golden Triangle Regional Airport.

Mobile air traffic control tower aids during runway resurfacing

Airman Alexis Lloyd Public affairs

The 3rd Combat Communications Group deployed from Tinker AFB, Okla., to Columbus AFB and finished setting up a mobile air traffic control tower at Golden Triangle Regional Airport Wednesday.

The tower was placed at GTRA because of runway construction at Columbus AFB.

The T-37 runway closes Saturday to be resurfaced and is scheduled to reopen in a few months

usually takes about four hours and includes connecting mobile generators for power.

"The team of maintainers and controllers overcame a lot of non-standard issues to put the [tower] together in a short time," said Capt. Jesse Hedge, 34th Combat Communication Squadron airfield flight commander.

able to get one of the towers here due to all the real-world needs right now," Hedge said.

GTRA has always been an alternate deployment

Setting up a combat-ready tower landing site, but the tower will now monitor several T-1As from GTRA.

> "Going from three runways to two, there's not enough room for all base flying operations," said Maj. John Clark, T-37 standardization and evaluation chief. "Moving some T-1s reduces the stress of traffic conges-

The 3rd Combat Communications Group, also known as the 3rd Herd, "[The base] was real lucky to be is on permanent mobility and will return in a few months to tear down the tower and bring it back home to Tinker AFB to prepare for another

> Students graduated in FY03: 89 Next graduating class: SUPT Class 03-05

News Briefs

Assianment night

Specialized Undergraduate Pilot Training Class 03-05 assignment night is at 5 p.m. today at the Columbus Club.

Education hours

The education center changes its hours effective Monday.

Customer service is open from 8:30 a.m. to 4:30 p.m. Mondays through Fridays. Tuition assistance help is open from 9:30 a.m. to 2:30 p.m. Tuesdays through Thursdays. Counseling is by appointment only. For more information, call Ext. 2562.

Change of command

Lt. Col. Kathyrn Hall assumes command of the 14th Medical Operations Squadron from Lt. Col. Harvey Kelley in a change-ofcommand ceremony at 9 a.m. Feb 7 at the Wing Ceremonial Plaza. For more information call Ext. 2785.

Awards banquet

The 14th Flying Training Wing holds the Annual Awards Banquet at 6 p.m. Feb. 7 at the Columbus Club. Contact squadron representative for more information.

Valentine's special

The officer spouses' club sells roses for Valentine's Day. Cost is \$30 per dozen or \$18 per half dozen. Place orders before Feb. 7. Proceeds benefit club charities. To order call 434-8398, 434-6376 or 434-6297.

New church bells ring loud, clear

Airman Alexis Lloyd Public affairs

New music came to Columbus AFB in December when the chapel installed a bell system.

IVEWS

"The bells really awaken our spirits to a sense of God's presence in our lives," said Chaplain (Lt. Col.) Joseph Motsay, 14th Flying Training Wing chaplain.

The bells, which are really called carillons, took two days to install and cost about \$12,000. The hour bell strikes at 8 and 10 a.m., 2 and 4 p.m. The Angelus bell rings at noon.

According to Motsay, the use of bells to call people to worship and prayer goes back to the Christian Middle Ages and continues today in Christian monasteries and cathedrals throughout the

"The Angelus bell sounding at midday is based on the scriptural text found in the gospel of Luke 1: 26-33," Motsay said. "This scripture passage tells of the announcement by the angel Gabriel to the Virgin named Mary that she was chosen to bear the Son of God. The Angelus bell rings at noon to remind modern man that God continually

Airman Alexis Lloyd

invites our response in faith. The carillons aren't actual bells though. They are finely tuned rods that

desires to share His life with us and

when struck amplify the sound of several bells weighing up to six tons.

"The bells are one of the only things don't mind waking up to since I work the night shift," said Airman 1st Class Jennifer Rossin, 14th Security Forces

There are different bell tones and hymns for the varying seasons.

"Bells rung at Christmas or at weddings are joyful and festive as opposed to those that are somber and solemn giv ing final honors to those who have died." Motsay said.

The system can be controlled by remote from the ceremonial plaza for use during change of command and offi cial ceremonies. It is also used for church, memorial services and other seasonal events.

"Bells have always been a part of American life," Motsay said. "They were used in colonial times as the first form of communication in small towns and villages.

"The Liberty Bell rang out the sound of freedom, and bells ring for arriving and departing ships. [Columbus AFB] uses it to sound out our patriotic spirit during the day."

For more information on the new system, call Ext. 2500

'Emergency data cards' move to Web to help mobilization

changes the settings on the new carillon system at the chapel

Chaplain (Lt. Col.) Joseph Motsay, 14th Flying Training Wing chaplain,

Maj. John Thomas

Air Force Personnel Center Public Affairs

RANDOLPH AFB, Texas — More than a week before its planned launch, the new Web-based 'emergency data card' helped more than 1,000 airmen in Alaska mobilize for a real-world deployment.

The kickoff was Monday, the program began early to help airmen deploy from Eielson AFB, Alaska, said Air Force Personnel Center officials at Randolph AFB, Texas. Within the first week, more than 20,000 other people completed the form upon logging onto the virtual military personnel flight on the personnel center's Web site.

Airmen can update their emergency contact information from any Web-connected computer rather than visiting their military personnel flights.

Called the Virtual Record of Emergency Data, or vRED, the form provides the Air Force with information needed to contact family members if an airman suffers a serious illness or injury, or dies while on active duty.

The vRED replaces the Department of Defense Form 93, Record of Emergency Data, and will need to be kept updat-

their emergency data upon login.

Also, local military personnel flights will notify airmen based on location when they must sign on and establish their initial electronic form, said Maj. Jerry Couvillion, casualty services branch chief at Randolph. The transition is expected to last until June; however, people at remote locations without Internet access can still use paper copies of the form.

The innovation comes as the Air Force increases its number of deployed airmen, said Maj. Gen. Thomas O'Riordan, personnel center commander.

"Updating emergency data is important," O'Riordan said. "It is a crucial part of expeditionary preparation."

Accurate family contact information can prevent delays of medical, casualty and death benefits for airmen and family members, officials said. It also avoids hours or even days of uncertainty during which casualty teams are sometimes left to track down next of kin

"That emergency information is essential for our casualty notification teams in case an airman becomes incapacitated or worse yet, killed," Couvillion said. "Once the member initially completes the form, they will be able to go in at any Contact Center at (866) 229-7074.

ed individually. The vMPF will prompt airmen to update time and update specific information as needed. It's simple and saves time."

Personnel officials encourage all active-duty, guard and

reserve airmen to update their information every six months prior to deployments and after moving. "[Having the form online] helps keep people's information

up to date and saves them a trip to the MPF," said Staff. Sgt Barry Carruth, NCO in charge of personnel readiness.

In the AFPC Web page at www.afpc.randolph.af.mil, people can select the "vMPF" logo at the top of the page. New vMPF users will need to establish an account.

The online application, which will take most people about 15 minutes, requires information on relatives and their

Conveniences include drop-down menus that keep users from having to re-enter addresses common to more than one person, said Couvillion. "And if someone needs to take a break or go home to look up an address, as often happens with this form, they can log off and log back in to the same place in the form where they left off."

For more information about the vMPF, call the Air Force

Mission Report T-38A Goal: 559

T-1A Goal: 2,083.0 hrs. Flown: 2,462.4 hrs. **T-37** Goal: 2,337 Flown: 2,984 Flown: 642 **T-38C** Goal: 696 Flown: 843

As of Wednesday

Fourth-quarter award winners announced

CGO of the Quarter

The CGO of the Quarter for the fourth quarter of 2002 is Capt. Edward Segura, 14th Mission Support Squadron. He led the family crisis action



team's response to mayor's request for aid for the Nov. 10 tornado. Segura briefed more than 200 people on operational risk management and had zero reportable mishaps. He developed an officer and enlisted promotion report tracking system, which has helped double the on-time rate. Segura led a seven-person volunteer team to help build a Habitat for Humanity home in Columbus.

Airman of the **Ouarter**

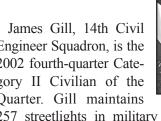
Airman 1st Class Reginald Demps, 41st Flying Training Squadron, is the Airman of the Ouarter for the fourth quarter of 2002. Demps responded to 15 emer-



gency calls from pilots. He scheduled 60 items of test equipment worth \$50,000 for calibration. Demps accurately maintained inspection records using the Aircrew Life Support Management System for 340 pilots. He ensured 90 student pilots were sized and fitted with equipment in minimum time without any delays in their training.

Category II Civilian of the **Quarter**

James Gill. 14th Civil Engineer Squadron, is the 2002 fourth-quarter Category II Civilian of the Ouarter. Gill maintains



257 streetlights in military housing areas and 145 transformers, which provide electrical power for the housing units on Columbus AFB. He also maintains, installs and repairs all requirements associated with 176 pole-mounted transformers, 500 utility poles and 175 pad-mounted transformers providing power to the base. Gill is also a volunteer fireman for the Coontail Fire Department.

SNCO of the **Quarter**

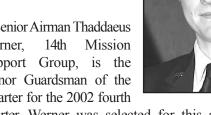
Master Sgt. Mable Brackens, 14th Mission Support Squadron, is SNCO of the Quarter for the fourth quarter of 2002. Brackens implemented the Heart Link



orientation for new Air Force spouses. She helped activate the family crisis action team during the Nov. 10 tornado. Brackens organized a Hearts Apart Social, which united 30 deployee families. She conducted pre-deployment readiness briefing for more than 60 people departing for temporary duty and remote assignments.

Honor Guardsman of the Ouarter

Senior Airman Thaddaeus Support Group, is the Honor Guardsman of the Ouarter for the 2002 fourth



quarter. Werner was selected for this award for his excellent performance during 13 details over the quarter as well as his precision and performance during the

The honor guard award is based on how guardsmen perform in their primary positions as well as their performance in other honor guard duties.

Category III Civilian of the **Ouarter**

The Category III Civilian of the Ouarter for the fourth quarter of 2002 is Miranda Brannon, 14th Civil Engineer Squadron.



Brannon maintained and tracked the \$932,000 environmental budget. She led the Mississippi and Department of Defense partnership meeting at Meridian Naval Air Station and laid groundwork for Air Force and Navy recycling coalition. Brannon trained all government purchase card holders on requirements for buying recycled-content products. She also revised the pollution prevention and solid waste plans.

NCO of the Quarter

Tech. Sgt. Kenneth Boteler, 41st Flying Training Squadron, is the 2002 fourth-quarter NCO of the Ouarter. Boteler led 20 technicians, nine have less than one year's expe-



rience and seven in upgrade training. He orchestrated \$200,000 in storage upgrades. Boteler helped coordinate the 41st FTS reconstruction. He also managed the hazardous waste material program, which resulted in zero findings during the 19th Air Force's inspection. He volunteered his off-duty weekend helping support the Nov. 10 tornado relief.

Category I Civilian of the **Ouarter**

Dorothy Lane, 14th Comptroller Flight, is the 2002 fourth-quarter Category I Civilian of the Quarter.



Lane saved commander and orderly room people countless man-hours by condensing data from 13 units into one spreadsheet. She developed a government travel card staff assistance visit checklist and conducted the first SAV to ensure all units were in compliance with Department of Defense regula-

Volunteer of the Ouarter

Andrew Pace, youth center volunteer, is the 2002 fourth-quarter Volunteer of the Ouarter. Pace volunteered more than 50 hours to youth



center programs. He completed the necessary training to become certified with the National Youth Sports Coaches Association. Pace performed the duties as head coach in the fall soccer program. He is currently serving as a youth basketball and indoor soccer coach. Pace played the part as Santa Claus for more than 80 children during the youth center's annual breakfast with Santa.

Retreat isn't signal to run — Honor nation's symbol

(Editor's note: This is a rerun of a previously run story and has been updated.)

Angela O'Connell RAF Mildenhall

It's 5:29 p.m. and you've managed to take six steps away from the front door when suddenly, from off in the distance, you hear the beginning of retreat. At first, you curse yourself for having forgotten it was almost 5:30 p.m. and not made an effort to leave the office earlier. Then, you begin to think of clever tactics to avoid standing there.

The first and seemingly most viable option is to attempt the standing long jump from the sidewalk back to the safety of the building. Or, you could run the 500-yard dash to your vehicle, hoping no one sees you.

I see these Olympic events daily at the sound of retreat on our installation.

Many say it is simply a matter of time. In today's society, we are in a hurry to get everywhere and once we get there, we are usually in a hurry to leave. In this case, retreat simply becomes another reason that you are getting home late or sitting in traffic.

The protocol officer tells me that the entire retreat ceremony takes approximately two minutes out of your day. This is a small amount of time considering the importance of retreat. It is your opportunity to pay your respects to the men and women who have served their country.

Several people also wonder why we even carry on the old and outdated tradition of retreat. Why not just leave the flag flying? Where did it come from anvwav?

The retreat ceremony "signals the end of the official duty day and serves as a ceremony for

paying respect to the flag," according to Air Force Manual 36-2203, Drill and Ceremonies.

The bugle call of retreat dates back to the crusades and was first used by the French Army. "Retreat was sounded at sunset to notify sentries to start challenging until sunrise, and to tell the rank and file to go to their quarters," according to the protocol manual "Til Wheels Are Up!"

The manual also states during the 18th century, retreat was a daily occurrence, not to honor the flag, but as a signal for units to make a roll call as a final accounting before reveille in the morning.

This ceremony dates back many years and really should bring a sense of pride. You are a member of an elite team, the U.S. military, which has been entrusted with the responsibility of maintaining the ideals that our flag

The flag has flown proudly over many battlefields and

seen victory as well as defeat, in the name of freedom. Each time the national anthem plays, think of the men and women who have died for the ideals of our nation. We are part of a long tradition and should be proud to be part of such a rich history.

Others' lack of respect for the ceremony stems from lack of knowledge of proper procedures. This is perhaps where we have failed as a service in training our members properly. It is a simple procedure, and you can all be pros after reading

this article. According to manual at the first sound of retreat, face the flag or the sound of the music if the flag is not visible. Assume the position of parade rest. When you see the flag being lowered or hear the national anthem or "To the Colors." come to attention and salute. Hold the salute until the music ends.

If you are a civilian, or in civilian clothing, you should stand at attention and put your right hand over your heart. Vehicles should stop during the ceremony with passengers

Now that you understand the rich history, meaning and procedures of the retreat ceremony, there's no need to become an Olympic athlete at 5:30 p.m. Stand tall and be proud while we honor the many men and women of the past and present. Show that all of the hard work has not been forgotten and will carry on for generations to come. (Courtesy of Laughlin AFB, Texas.)

Straight Talk Line

uestion: There have been several instances over the past few months I have been on the golf course when the National Anthem is played at the end of the duty day. I am appalled at how many people, some in a military uniform, show a blatant disregard for the National Anthem by not stopping their vehicles until the anthem is complete to show respect to our nation, fallen soldiers and airmen, and our active forces at home and overseas.

I have seen individuals look right at me and my playing partners standing at attention, hats off over our hearts, facing in the direction of the headquarters building and just continue to drive on by. It's not asking too much for anyone to take a couple of minutes of their day and show some respect for those who have, and are, defending our

nswer: Thanks for pointing out this issue of professional pride. As I look out my office window, I see the Stars and Stripes boldly waving above her defenders here at Columbus AFB. On this day, 350 sorties will purposefully circle that flagpole. At dusk, we have the opportunity to proudly face Old Glory while the reassuring sounds of our national anthem are broadcast in the background. On some days the cold howl of the wind, or just the fast pace of our daily lives, may drown out that voice of freedom. To make sure that doesn't happen, we will play our nation's anthem just a bit louder using our base's Giant Voice system — ensuring every proud American is able to listen, stop, reflect and salute.

Col. Steve Schmidt 14th Flying Training Wing commander

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Messages are answered in the Silver Wings without names.

Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the BLAZEWEB at https://columbusweb and the main website at www.columbus.af.mil. Ouestions and answers will be edited

Base Exchange

SILVER WINGS

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al copy should be submitted to the public affairs office, Bldg. 724, Columbus AFB, Miss., phone 434-7069, or e-mailed to silverwings@columbus.af. mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

Silver Wings Editorial Staff 14th FTW commander Col. Steve Schmidt Chief, public affairs Pam Warnken

Airman Alexis Lloyd

Key phone numbers

Onapiani	
Civil Engineer Service Desk	434-2856
Civilian Personnel	434-2635
Clinic:	
Family Practice	434-2172
Appointment Desk	
After Hours Care	434-2273
Columbus Club	434-2489
Commissary	434-7106
Finance	
Housing Maintenance	434-7370
Inspector General	434-2927
Legal Office	
Military Equal Opportunity	434-2591
Security Forces	434-7129
Shoppette	434-6026
* *	

AETC chief — once an airman, always an airman

Chief Master Sgt. William Milligan **AETC Command Chief**

(Editor's Note: Chief Milligan retires from the Air Force today on the parade field at Lackland AFB, Texas)

RANDOLPH AFB, Texas — It's one of those things that just kind of sneaks up on you. You are ambling along, doing your job each day, enjoying life when it seems to come from nowhere and suddenly your life changes, never to be the same again. You don't really like it, but you must accept it because you can't do anything about it. So, you start making plans to deal with this unwanted situation called retirement

Tever in 29 years have I been faced with a dilemma that I have had such a difficult time accepting. I have always subscribed to the theory that there are only two ways to have stress in your life: No. 1: You have control of a situation, and it is not going well, but you are not exercising your control; and No. 2: You are trying to control something you have no control over.

Accept these two tenets and you will have no stress. However, now that I am facing retirement, can do nothing about and realize I must accept it, I'm not sure the No. 2 tenet is as easily followed as I thought.

Regardless, it will happen, and I will find a way to deal with it. Consequently, there are a few things I would like to leave with you as I transition to another career.

Life as an airman is an honor and privilege. We sometimes forget to consider the challenges and opportunities afforded us as an airman. Being an airman is not about pay, benefits, allowances or entitlements. It's about freedom, democracy and an equality of life for all. These freedoms we enjoy are only as secure as the men and women who have and are willing to serve in our armed forces. Being an airman is one way of making that ultimate

his commitment must be free from inhibitors such as compensation or expected rewards. Of course, those who serve should expect a comparable

I will truly miss putting on

my uniform each morning,

but I realize that being an

airman is not just about

not just a vocation, not

military life.

just a hobby. ... Being an

airman is stepping up and

facing the requirements of

wearing a uniform. Being

an airman is not just a job,

quality of life for themselves and their family, but that is a function of leadership. The role of the airmen is to prosecute those things within their control that ensure freedom and equality for all, to dedicate themselves to maintaining democracy regardless of the requirements.

At times, the challenges presented during a career can seem overwhelming, yet we always find a way to succeed.

T Te deal with deployments, remote tours away from family, and uprooting and moving families many times resulting in many

different homes and numerous school systems. With each job comes new challenges for both the member and the

Only someone who has "walked in these shoes" can understand and appreciate these challenges, but with each also comes opportunities.



Retiring Air Education and Training Command Chief Master Sgt. William Milligan talks to Stephen Watson, who enlisted in the Air Force last year, while Tech. Sgt. Jose Exchu, Watson's recruiter, looks on.

We are afforded the opportunity to become mentally and physically stronger, disciplined and able to deal with

ur family members also learn to deal with the temporary nature of each assignment. Most importantly, we are privileged to be a part of something far more important than life itself. We know that

> as a result of our service the world will be more free, a little longer, and along the way we are blessed. We are fortunate to work with only the finest professionals from the pilot to the mess cook. Our growth and potential is only restricted by the constraints we place on ourselves.

veryone is equal regardless of gender, race or religion.
The bottom line is we have the greatest people serving this great nation in the greatest Air Force in the world and serving with distinction. We get to be a part of this great institution.

Therefore, with this understanding, I believe I can accept

retirement. I can accept retirement because there are many who will come after me, just like those before me, those committed to ensuring this country continues to be the flag bearer for freedom and democracy. As stated by our No. 12 chief master sergeant of the Air Force, when I am retired and my young granddaughter is sitting on my knee and

asks, "Granddaddy, what did you do in the Air Force?" I know exactly how I will respond. "Sweetheart, I was part of an institution that promoted democracy, an organization where freedom was paramount. I was a member of a profession where words like character, valor and integrity had a totally different meaning than what the dictionary defines. I was an airman and in our job the bottom line wasn't profit. It was freedom."

will truly miss putting on my uniform each morning, but I realize that being an airman is not just about wearing a uniform. Being an airman is not just a job, not just a vocation, not just a hobby. It's about being the consummate military member and citizen. Being an airman is stepping up and facing the requirements of military life. Being an airman is not something you put on or take off; it's not something you quit doing. No, even in retirement we don't stop being airmen, we simply change roles. In reality, you can never stop being an airman because it is part of your DNA.

I was blessed and fortunate to spend the last several years of my career in Air Education and Training Command.

he people in the First Command, from the leadership to the staff at the headquarters to the instructors in the most geographically separated field training detachments, have given me outstanding

You are true Air Force professionals, and I know you will welcome and support Chief Master Sgt. Karl Meyers in the same manner you supported me.

God bless our Air Force, and God bless this great

AT THE CHAPEL

Chapel schedule Catholic

Sunday activities:

9:15 a.m. — Mass

10:30 a.m. — CCD

5 p.m. — Confessions

5:30 p.m. — Mass Wednesday

11:30 a.m. — Mass

Protestant

Sunday activities:

9 a.m. — Sunday school 10:45 a.m. — Traditional worship 1 p.m. — Contemporary worship

Wednesdays

5:30 p.m. — Video Bible study sup-

7:15 p.m. — Choir rehearsal **Thursdays**

11:30 a.m. — Lunch Bible study For Islamic, Jewish, Orthodox or other services, call the chapel at Ext. 2500.

AT THE MOVIES

All movies are shown at 7 p.m., unless otherwise noted, at the base theater.

"Star Trek: Nemesis" (PG-13, scifi action violence, peril and one scene of sexual content, 117 min.) Starring Patrick Stewart.

Saturday

"Drumline" (PG-13, innuendo and language, 119 min.) Starring Nick Cannon.

"The Wild Thornberrys" (PG, some adventure peril, 86 min.) Animated.

CHANNEL 64

BLAZE 64 offers announcements for people living in base housing or the dormitories.

Call 2nd Lt. Joseph Coslett for more information at Ext. 7065.

Weekdays

9 a.m., noon and 2 p.m. Air Force Television News Monday through Jan. 24 9:30 a.m., 12:30 p.m. and 2:30 p.m. College Level Examination

Program: *Introduction to Management*

FAMILY SUPPORT



(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information, call Ext. 2790.)

Workshops: A Microsoft Word beginners' workshop is from 9 to 10:30 a.m. Tuesday. A Microsoft Excel beginners' workshop is from 9 to 10:30 a.m. Feb. 25.

The seating is limited for these workshops, and people must register in advance.

Single parent's group: The "Parents on the Move" meeting is at 11 a.m. Feb. 11 in the Happy Lounge at the Columbus Club.

Job workshop: A job skills identification workshop is from 9 to 10 a.m. Feb. 18 to help people learn what kind of jobs are best suited for them.

Education grant: The deadline to apply for the Gen. Henry H. Arnold Education Grant is March 14.

The \$1,500 grant is available to eligible family members of active duty, reservists on extended active duty, Title 32 full-time active duty, retired, retired reservists with 20 years or more, activeduty service and spouses of deceased Air Force people.

Call Shirley Pinkney for an applica-

Fam-Link: Occasional newsletters are sent to people's homes about special base events and things happening in the local

To subscribe to this free newsletter, send an e-mail to FSC@colum bus.af.mil.

BASE Notes



Playgroup: A Mommy and Me playgroup begins at 10 a.m. Tuesday at the chapel.

The theme for this week's playgroup is a Toddler Safari, parents are encouraged to bring a stuffed animal.



Making roses

Vanessa Jones, 14th Services Division craft class instructor, helps Kimberly Kline, 14th SV, make a chocolate kiss rose for her husband. This class and many others are offered at the skills development center. For more information, call Ext. 7836.

more information, call Birgit Coslett at \$2 discount. New members and spouses 434-5876.

OSC scholarship: The Columbus Officers' Spouses' Club offers scholarships to graduating high school seniors, spouses and current college students.

Every high school applicant must be a dependent of an active duty or retired military member associated with

Continuing education applicants may be the spouse or child of an active duty, retired, deceased or missing in action military member.

Obtain an application at the base education center, family support center, or high school or college guidance office.

Any questions call Christy Milner at 240-1695 or email christy.milner@col umbus.af.mil. Application deadline is

New hours: The 14th Medical Group clinic support staff closes from 2:30 to 4:30 p.m. Thursdays and reopens from 4:30 to 5 p.m effective Feb. 13.

The support staff includes laboratory, radiology and pharmacy. For more information, call Ext. 2168.

Officers' spouses' social: The Columbus AFB Officers' Spouses' Club's social is at 6:30 p.m. Feb. 18. The program is wine tasting.

This is a weekly playgroup for ages 18 The menu is heavy hor d'oeuvres for ment of personal property. For more months to 3 years and their parents. For \$10. Columbus Club members receive a information, call Ext. 2573

are welcome. For reservations, call 434-5511 or e-mail: davidjeastman@cable

New safety Web site: Safety posts the safety newsletter, forms and other pertinent information for safety programs. Visit https://www.columbus.af.mil/BLA ZEWEB/safetyweb/Safety%20Web/Mai n%20Page2.htm

Do-it-yourself moves: A temporary duty do-it-yourself move is a move from the original permanent duty station to a TDY location and return to original station. It is not a TDY enroute in conjunction with a permanent change-of-station move. Local units are responsible for authorizing and appropriating funding for people wanting to do a TDY do-it-

In accordance with AFI 24-501, The Air Force Do-It-Yourself Move program, people must receive a briefing from the traffic management office prior to entering into a DITY move in order to eliminate "after the fact" situations. Call Ext. 2688 or 2573.

Personal property shipment: In accordance with Department of Defense directive 4500.9R, installation commanders and supervisors should allow enough time off from duties for people to receive counseling and arrange for ship-

SERVICES SNAPSHOTS Silver Wings Jan. 31, 2003

Harlem Ambassadors come to Columbus AFB

Airman Alexis Lloyd Public affairs

The Harlem Ambassadors provide a free youth camp at 5 p.m. Feb. 12 at the youth center and an exhibition game at 7 p.m. Feb. 13 at the Columbus High gymnasium.

The youth camp's theme is, "Stay off drugs, stay in school."

"I tell kids to do something positive so they can become successful citizens, and give something back to society," said Lade Majic, Harlem Ambassador coach and

Schmidt, 14th Flying Training Wing commander, Col. Jim Playford, 14th

Mission Support Group commander, Mayor Jeffrey Rupp and other civic leader will play against the Harlem Ambassadors.

"This will be a fun community event for people of all ages," said Rachel Kasic, 14th Services Division.

Tickets can be purchased at the information, ticket and travel office for \$4 or purchased at the door. Children 6 and under

The show is sponsored in part by Pepsi, BASF, DynCorp, Carl Hogan Automotive, Commercial Dispatch, WACR, WCBI-TV, K94.9, Star 103, Fox 99.9, Mix 106.1, WSSO, Columbus AFB Federal Credit The exhibition game includes Col. Steve Union, Columbus Bank Association, Cable One and C.J.'s Pizza. For more information,



The Harlem Ambassadors demonstrate some of their moves for a packed house in the fitness center at Misawa Air Base, Japan. They visit Columbus Feb. 12 and Feb. 13.

Services brings activities, offers choices for everyone

American Cafe open: The Columbus Club's American \$12 Feb. 18 and a USA door hanging for \$10 Feb. 25. Cafe opens from 5:30 to 8:30 p.m. Fridays and is open to all ranks. Club members receive a \$2 discount on each

Entrees include but aren't limited to chicken Monterey, charbroiled New York strip steak, and grilled pork chops Omaha, Call Ext. 2489.

All ranks bingo: Games begin at 6 p.m. Fridays in the community center ballroom. People play five \$75 regular games, one \$125 odd and even coverall game and a \$1,000 progressive jackpot game. Consolation prize is \$150 if the jackpot does not go in 51 numbers or less.

Admission fees for nonmembers are \$5. Call Ext. 2489.

Variety night: Rhythm and blues night, featuring Disc Jockey Maze, is from 9 p.m. to 1 a.m. today in the enlisted lounge. Call Ext. 2489.

Veterinary clinic special: During February the veterinary clinic offers a special on their heartworm tests and heartworm preventatives.

Office hours are from 10 a.m. to 2 p.m. Monday and from 9 a.m. to 4 p.m. Wednesday. Call Ext. 2281.

Crafts classes: Register four days in advance for the skills development center's crafts classes.

Make a liberty heart for \$9 Tuesday, paper folding cards for \$7 Feb. 11, warm hands and warm hearts plaque for

Children's crafts classes include making "Love in a bag" for Dad Wednesday; "First-class candy" for Mom Feb. 12; an Uncle Sam door hanging Feb. 19; and a St. Patrick's sign Feb. 26. Children's classes are \$4 each. Call Ext. 7836.

Parents day out: The child development center offers a "Parents Day Out" or "Give Parents a Break" from 4 to 10 p.m. Feb. 8. Call Ext. 2479 for reservations.

Teen aviation camp: The deadline to register for the U.S. Air Force Academy's teen aviation camp is Feb. 14. High school students who expect to graduate in 2005 or 2006 may apply for the camp, which is from May 31 to June 6, 2003, in Colorado Springs, Col.

This program is open to all eligible youth program users who are interested in attending the Air Force Academy or making the Air Force a career.

Travel expense will be the student's responsibility.

Youth must complete the teen aviation camp application form and the familiarization exam and schedule an interview with the youth center director, Kayline Hamilton.

Camp schedule includes a ropes challenge course, orienteering course, T-37 simulator presentation and individual aero club flights.

Stop by the youth center for the application package or call Ext. 2504 for details.

NAF auction: Services offers a non-appropriated fund

auction of furniture, commercial kitchen equipment and more starting at 11 a.m. Feb. 19 at outdoor recreation.

View equipment from 9 a.m. to 5 p.m. Feb. 18 and prior to the auction Feb. 19. Call Ext. 2505.

Monte Carlo cruise and membership night: The Columbus Club offers a membership night starting at 5 p.m. Feb. 19. Activities include casino style games, prizes, free food and beverages. Call Ext. 2489.

Library open house: The base library offers an open house from 5 to 7:30 p.m. Feb. 20 to orient base people on what services they have to offer. They are also encouraging people to register into their library system. Call Ext.

Casino trip: The information, ticket and travel office offers a trip Feb. 21 to the Silver Star Casino in Philadelphia, Miss. Cost is \$15 per person, and it includes transportation and \$15 in coins. The bus departs at 5:30 p.m. and returns at approximately 2:30 a.m. Call Ext.

Quilting classes: Register for the "I Spy Quilt" or the "Trip Around the World Baby Quilting" classes offered at the skills development center. Cost is \$40 plus materials.

People must bring their own sewing machine.

Start dates depend on number of students registered. Call Ext. 7836.

Columbus Club Lunch Buffet

Served from 11 a.m. to 1 p.m. — \$7.95 Per Person — Club members receive \$2 discount — Cost includes vegetable, tossed salad and beverage — A la carte menu is also available

Today Fried catfish Chicken fried steak Cherry cobbler

Monday Fried chicken Peach cobble

Tuesday Fajitas Apple crispitos

Wednesday Stuffed peppers Spaghetti Apple crispitos

Thursday All new soup, salad and potato



BARGAIN LINE Silver Wings Jan. 31, 2003

AROUND TOWN

Stage musical: A touring company from New York is scheduled to perform Porgy and Bess, a musical, at 7 p.m. today at Rent Auditorium on the Mississippi University for Women campus.

Tickets are \$20 in advance and \$23 at the door.

328-2787.

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The event is sponsored by the Columbus Arts Council, Omnova Solutions and the Mississippi Arts Commission. For more information or for tickets, call

offers two free tours Saturday at 9 and 11 a.m. to showcase African Americans' role in building Columbus over 175 years Historian Chuck Yarborough and Rev.

Historic tours: To honor Black History

Month. Columbus Historic Foundation

Tony Montgomery will lead the tours. Stops include The Haven, owned in the

1850s by freedmen Thomas and Isaac Williams and Missionary Union Baptist for Women campus. Church, organized in 1833.

Williams Welcome Center near Harveys Morgan at Ext. 7030. on Main Street.

Though free, seats must be reserved by calling 329-3533.

Prayer breakfast: A community prayer breakfast featuring special speakers and music is at 7:30 a.m. Feb. 7 at Hogarth Auditorium on the Mississippi University

Cost is \$7 per person. For more infor-

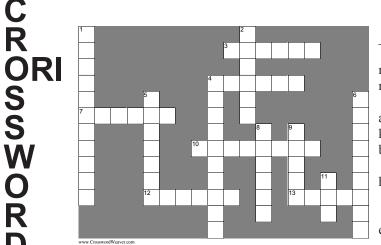
The tours start and end at the Tennessee mation or to buy tickets, call Maj. Brynn

New name: The Tombigbee Chapter of the Retired Offices Association in Columbus, Miss., changed their name to The Golden Triangle Chapter of the Military Officers Association of America

The local chapter holds meeting at the Columbus Country Club every third Thursday of every even month

For more information, call 327-3064.

This puzzle is brought to Columbus AFB by the Operational Readiness Inspection team. It is designed to get the base familiar with the ORI and chain of command.



- 3 A communications security acronym is
- 4 If you are on medication how many days of medication beyond the duration of your deployment are you required to take with you?
- 7 A 360° controlled access of an area where an accident/incident has occurred and is used to keep innocent bystanders out and clear of possible associated hazards is a/an .
- 10 How often must you receive a preventive health assessment?
- 12 ROEs are considered
- 13 To what organization do you report breaches of security?

- 1 The DD Form 1574 is used to document chemical mask
- 2 LMR stands for Land
- 4 What is the last resort to stop bleeding?
- 5 If at any time you suspect your protective clothing has been contaminated, you should go to a Contamination Area.
- 6 UXOs will not be collected as
- 8 What acronym is a quick and effective way to communicate enemy information up the chain of
- 9 Which MOPP level has you wear the mask, hood, gloves and field gear and carry the overgarment and footwear covers?
- 11 What is the first line of defense against field diseases?

Answers can be found on Page 12.

SPORTS 12 Silver Wings Jan. 31, 2003

Officials may change Air Force fitness program

Staff Sgt. A.J. Bosker Air Force Print News

WASHINGTON — Air Force health officials are proposing a change to the service's fitness program to help airmen place a greater emphasis on their overall health and well-

Many airmen incorrectly think that the Air Force fitness program is cycle ergometry, according to Maj. Lisa Schmidt, chief of health promotion operations in the Air Force surgeon general's office at Bolling AFB, Washington D.C

"The Air Force fitness program isn't about the bike test," Schmidt said. "The fitness program is about eating healthy and exercising three to five times each week. The bike is just a tool we use to measure the effect of a personal fitness program."

According to Schmidt, the goal of the program is to encourage a mindset change in all airmen toward adopting a more proactive and preventive approach to health and fitness, thereby increasing the focus on personal readiness and not just passing a test.

Health officials are examining how they can align the Weight Management Program and the cycle ergometry evaluation together to make it a more comprehensive assessment of someone's health. This assessment will use a composite score to get an overall picture of an airman's health risk.

This change has been incorporated into "WarFit," a test program started at F.E. Warren AFB, Wyo., in February 2002 and at Los Angeles AFB, Calif., in May. The pro-

gram will start with the Air Force Space Command-wide in January.

Health experts from the Air Force surgeon general's office, the clinical operations division of AFSPC's surgeon general office, and the health and wellness center at F.E. Warren AFB, along with physiology and human performance experts from Brooks City-Base in San Antonio helped outline the preventionbased program.

"We chose to base fitness-program evaluations on health risk assessments," said Col. Jon R. Pearse, 90th Medical Group commander at F.E. Warren AFB.

According to Pearse, aerobic fitness, body fat and muscular strength all play a part in a person's overall health and are what "WarFit" attempts to measure.

A person's score on the bike test and the number of push-ups and sit-ups he or she does will be combined with his or her body fat percentage to come up with the composite score. This score will be used to place the person in one of three health-risk categories: low risk, moderate risk or high risk.

"[The program] gives incentives, if you have a high score and a low body fat percentage, you only have to test every two years," said Anthony Cook, fitness program manager at Columbus AFB. "I would hope this would give incentive to stay healthy."

Airmen who are identified as being a moderate risk will attend a general Healthy Living Workshop that focuses on behavior change and general information for fitness

High-risk members will receive more indi-



Losses

13

Less Arnold, Lear Siegler, works out on a stationary bike at the fitness and sports center.

vidualized and targeted intervention

high-risk are placed into a five-day-a-week, mandatory exercise program. Those classified as being a moderate risk will be put into a similar, three-day-a-week program. Those who were identified as being in the low-risk category are still encouraged to exercise three times a week but their activity is not moni-

"The goal isn't to make this monitoredexercise regimen a punishment for those with

a moderate- to high-health risk," Pearse At F.E. Warren AFB, airmen categorized as explained. "The goal is to help these people successfully adopt a healthier lifestyle."

> Airmen are provided with fitness and nutritional counseling, he said. They also can get help in setting up a structured exercise program targeted at improving their overall health and fitness.

> After six months in the program, more than 90 percent of the participants identified as high risk were able to improve their fitness and scored in the low-risk category.

SHORTS

Youth league

The deadline to register for off base youth center boys' baseball and girls' softball teams in Columbus-Lowndes Recreation League is Feb. 28.

The age groups are boys ages 11-12 and 13-15, girls ages 11-12 and 13-15. The cost is \$40 per player. Volunteer coaches are needed to coach each age group. Transportation is provided. Call Ext.

Spring soccer

Deadline for registering for ages 3 and up indoor soccer is Feb. 14 at the youth center.

Cost is \$25 for members and \$35 for nonmem-

Volunteer coaches are needed to support this program. Season's scheduled to begin in March.

Players must have current physical on file or obtain one before the start of the program.

Players who register after the deadline are charged a late fee. Call Ext. 2504.

Recreation league

The deadline to register for recreational soccer league is Feb. 10.

The league is for BLAZE and military ID card holders ages 18 and up. More than 50 people have already signed up. Everyone will be split up into four groups with equal coverage of beginners and advance soccer players.

For more information, call Ext. 2772 or visit www.geocities.com/columbusfutbol/.

Team Wins DynCorp **Basketball** OSS standings 48th FTS 14th MSS The following are 37th/41st FTS the intramural league 14th COM standings as of 14th MDG Wednesday. 50th FTS

14th SFS

Bowling standings											
The following are the intramural Thursday leagues standings as of Jan. 23.	Team Misfits Strokin 14th OSS SFS #1 48th FTS SFS #2	Wins 104 92 92 56 50 32	Losses 40 52 52 88 94 112								

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